**1) Being compassionate and kind**

Example of a time I acted this way: Example of a time I did not act this way:

How did I feel after I acted like this? How did I feel after I acted like this?

**2) Working hard**

Example of a time I worked hard: Example of a time I did not work hard:

How did I feel after this? How did I feel after this?

**3) Feeling fortunate, not entitled**

Example of a time I acted this way: Example of a time I did not act this way:

How did I feel after I acted like this? How did I feel after I acted like this?

**4) Being a good person/citizen**

Example of a time I acted this way: Example of a time I did not act this way:

How did I feel after I acted like this? How did I feel after I acted like this?